

PANERA BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, diced (about 3/4 cup)
- 2 pounds chopped butternut squash (about 6 heaping cups)
- 3 small carrots, chopped (about 1 cup)
- 3-4 cups vegetable broth
- 2 cups apple cider (NOT vinegar)
- 1/2 teaspoon curry powder
- 1/4 teaspoon cinnamon
- dash of nutmeg
- 1/2 cup pumpkin puree
- 2 tablespoons butter
- 2 ounces low-fat (neufchatel) cream cheese
- 1 tablespoon brown sugar, more to taste
- salt to taste
- heavy cream, optional

DIRECTIONS:

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 MEDIAVINE

1. In a large pot, heat oil over medium-high heat. Add onions and saute until translucent, stirring frequently.
2. Add squash, carrots, vegetable broth, apple cider and spices.
3. Bring to a boil, reduce to simmer and simmer for 10-15 minutes or until squash and carrots are soft. Remove from heat and add pumpkin puree, butter, cream cheese and brown sugar. Puree with a hand (stick) blender or in batches in a normal blender. Blend until very smooth.
4. Taste soup and add salt as desired. You may also add extra brown sugar or honey to achieve a taste closer that of Panera's. You can also add a little heavy cream if you want a more decadent soup. If desired, add more vegetable broth to thin soup.
5. Return to burner over medium-low heat if needed to heat the soup back up and then serve immediately.

Jennifer Kieswether

L. Hoffman

Mom's Apple Salad

4 apples, sliced or chunks (1 1/2 lbs)

2 lbs celery, sliced thin on bias

15oz. can light kidney beans, drained & rinsed

1/4 c. walnuts, reserve 1/4c for top

1/2 c. each mayonnaise + salad dressing

1/4 c. cider vinegar + olive or canola oil each

1/3 c. sugar

pinch salt or to taste

over

Toss fruit ingredients to distribute. Whisk dressing ingredients til smooth. Pour over apple mixture just to coat. Toss, chill 30-60 minutes before serving.

* Extra dressing can be used for salads (great with bleu cheese).

* I vary the apples or nuts and even sometimes use raisins as a variation to Mom's.

Fluffy SALAD (20 servings)

2 boxes (3oz) Jell-O any flavor

2 boxes (3 1/4oz) Americana tapioca pudding

2 boxes (3oz) vanilla pudding, not instant

6 c. water

2 (8oz) containers of Cool Whip

Fruit to compliment flavor of Jello may also be added

Combine the Jell-O, tapioca, vanilla pudding, and the water in a saucepan and bring to a boil. Set off burner 5 to 10 minutes. Refrigerate 3 to 4 hours or overnight. Blend in Cool Whip.

This may be cut in half.

Linda Stoller

RICE STUFFING WITH BUTTERNUT SQUASH

ACTIVE: 40 min | TOTAL: 1½ hr
SERVES: 6 to 8

Kosher salt

- 2 cups wild rice blend
- 2 bay leaves
- 6 tablespoons unsalted butter, plus more for the baking dish
- 1 tablespoon vegetable oil
- 4 cups chopped peeled butternut squash (½-inch cubes)

Freshly ground pepper

- 1 bunch leeks (white and light green parts), halved lengthwise, thinly sliced and rinsed
- 2 stalks celery, chopped
- 1 cup low-sodium chicken or vegetable broth
- 1 large egg
- 1 cup dried cranberries
- 1 cup chopped fresh parsley
- 1 cup pecans, finely chopped

1. Bring a large pot of salted water to a boil. Add the rice and bay leaves, reduce the heat to a simmer and cook as the label directs; drain well. Discard the bay leaves. Spread out the rice on a baking sheet to cool.

2. Meanwhile, preheat the oven to 375° and butter a shallow 3-quart baking dish. Heat the vegetable oil in a large skillet over medium-high heat. Add the squash, season with salt and pepper and cook, stirring, until softened and golden, 5 minutes. Transfer to a plate to cool.

3. Melt 4 tablespoons butter in the same skillet over medium-high heat. Add the leeks and celery and cook, stirring, until softened, 5 minutes. Add the broth, 1 teaspoon salt and a few grinds of pepper; bring to a simmer, then remove from the heat.

4. Whisk the egg in a large bowl. Stir in the rice, squash, leek-broth mixture, cranberries and parsley. Transfer to the baking dish; top with the pecans. Cut the remaining 2 tablespoons butter into small cubes; scatter over the pecans. Cover with foil and bake 30 minutes, then uncover and bake until golden, about 20 more minutes.

Sheila

Browned Brussel Sprouts

one pound frozen sprouts defrosted or fresh steamed but not fully cooked and each cut in half lengthwise

in large saute pan one tablespoon olive oil and place sprouts cut side down on med heat to start browning and finish cooking (about 2-3 minutes, when they begin to sizzle a bit add one tablespoon butter in bits and shake to coat flat bottoms of sprouts, salt and generous black pepper on tops, when browned flip over and add one more tablespoon butter and brown tops a bit,

if pan is small do in two batches so all have contact with buttered pan to brown

can start with two strips diced bacon and chopped onion and remove food leaving bacon drippings and add sprouts as above for variation of taste

Company Carrots

More elegant with fresh baby carrots with a bit of green on them.

Simmer carrots until fork tender and drain well

Add 2 tablespoons butter, salt, pepper and 2 tablespoons brown sugar and saute to desired color

Sheila B

Watergate Salad w/Cottage Cheese

On Line

Submitted by Carl Ruetz

Notes: Can top with maraschino cherries.

1 can – 20 oz	Crushed pineapple - drained
1 pkg	Pistachio instant pudding
1 ctn – 8 oz	Cottage cheese
1 ctn – 8 oz	Cool Whip – thawed
1 – 2 cups	Miniature marshmallows

1. Combine pineapple and dry pudding mix.
2. Stir together cottage cheese, cool whip, and marshmallows. Fold in pineapple mixture.
3. Pour into serving dish and refrigerate at least 1 hours.

Tally Ho Tomato Pudding

Mama Ruetz

Submitted by Carl Ruetz

Try the name "Sweet-Savory Tomato Casserole" as a tactic to introduce this to your friends.

2 cups (1 lb)	Brown Sugar (dark) (for double , use 2 lb package)
2 cups (15 1/2 oz can)	Tomato Puree (for double, use 28 oz can)
1/2 cup	Water (for double, use 1 1/2 cups)
4 cups	Bread Cubes - crusts removed - almost dry (1/2 loaf)
6 oz (1 1/2 sticks)	Butter , melted

Pre-heat oven to 325°.

1. Combine **brown sugar**, **tomato puree**, and **water**. Bring to simmer and cook 5 minutes until deep brown. Stir often to keep from scorching mixture.
2. Put **bread cubes** in 2 1/2 quart casserole and pour in **melted butter**. Combine to coat all cubes and to soak up butter. Add **tomato** mixture and stir to combine.
3. Bake, uncovered, for 50 - 55 minutes. Mixture will puff up during cooking, but shrink while cooling.

Recipe easily doubled - use 2 X 2 1/2 quart casseroles. When cooled a bit, both will fit in one 2 1/2 quart casserole.

Goes especially well with ham, chicken, or turkey.

Note: If necessary, adjust the consistency of the finished pudding with water. The dryness of the bread cubes varies and will impact the texture of the finished dish.

pumpkin bars

PUMPKIN BARS----Marge Elden

4 eggs
2 c. sugar
1 c. oil
1 lb. can or 2 c. pumpkin
2 c. flour
2 T. baking powder
1 T baking soda
3/4 t. salt
2 t. cinnamon
1 c. nuts or raisins (optional)

DIRECTIONS:

Mix all ingredients together. Pour in 10 by 15 in.

jellyroll pan or cookie sheet. Bake 25-30 min. at 325 degrees.

cool--frost

FROSTING:

3-4 oz. cream cheese
4 T margarine
1 T. vanilla
2 1/2 c. powdered suga

Seasoned White and Green beans

Seasoned White and Green Beans

2 cans green beans, drained

1 can great northern beans. drained and rinsed

2T butter

1T lemon juice

2t Dijon mustard

2t honey

1/2t lemon pepper

Salt to taste

Melt butter in medium sauce pan on stove, add all other ingredients and heat over medium burner. Can be made ahead and reheated. Could also use fresh green beans, cooked first. Could also add bacon crumbles

Serves 6

Serves 6

11/2 /16

Sue Perkins

Betty's Salad

12-16 oz. bacon fried and diced
6-8 hard boiled eggs, chopped
10-16 oz. baby spinach
6-8 oz. chopped romaine lettuce
6-8 oz. fresh bean sprouts, rinsed and drained

Combine the above ingredients.

Dressing

1 cup oil
 $\frac{3}{4}$ cup ketchup
1 small onion diced
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup white vinegar
1 tsp. worcestershire sauce

Combine all dressing ingredients and pour over salad ingredients and toss right before serving or serve on the side. I usually just purchase the already prepared Betty's salad dressing.

Original recipe from Betty Timko of Timko's Soup and Such Restaurant

Broccoli Rice Casserole

- 1/2 cup butter
- 1 - 10 oz frozen chopped broccoli
- 1 - 10 3/4 oz Cream of Chicken Soup
- 1/2 cup Cheese Whiz
- 1/2 cup milk
- 1 1/2 cup cooked minute Rice

Melt butter in skillet on low heat.
Add broccoli, stir on medium heat
until broccoli is thawed.

Add soup, cheese whiz and milk,
blend well, remove from heat.

Add cooked rice.

Pour into a 2 1/2 quart buttered
casserole.

Bake 30 minutes at 350 degree

Carol Katschke

Holiday Strawberry Delight

2 cups boiling water
1 package (4 serving size) Jello - Lime Flavor Gelatin
1/2 cup cold water
1 container (8 oz) Plain or Vanilla Yogurt
1 package (4 serving size) Jello - Strawberry Gelatin
1 package (10 oz) frozen strawberries in syrup

Stir: 1 cup of the boiling water into lime gelatin in medium bowl 2 minutes or until completely dissolved. Stir in cold water. Refrigerate 45 minutes or until slightly thickened (consistency of unbeaten egg whites.) Stir in yogurt with wire whisk until smooth. Pour into 2 quart serving bowl. Refrigerate 15 minutes or until set but not firm.

Stir: remaining 1 cup boiling water into strawberry gelatin in medium bowl 2 minutes or until completely dissolved. Stir in frozen berries until separated and gelatin is thickened (spoon drawn through, leaves definite impression). Spoon over lime gelatin mixture.

Refrigerate: 2 hours or until firm.

Servish as desired. Store in refrigerator

Carol Katschke

Katie Ranck

FAST
& EASY

From weightwatchers.com



[ONE-BOWL MEAL]

BUTTERNUT SQUASH SOUP

This fall-spiced puree of squash and apples is nice and simple—and “free”!

0 SmartPoints® VALUE PER SERVING // PREP 14 MIN //
COOK 15 MIN // SERVES 8

- 4 cups vegetable broth
- 12 oz butternut squash, peeled and cut into 1- to 1½-inch cubes
- ½ large Vidalia onion, cut into 2-inch cubes
- ½ small apple, peeled and cut into 2-inch cubes
- ¾ tsp table salt, or to taste
- ⅛ tsp black pepper, or to taste
- ⅛ tsp ground nutmeg, or to taste

In a large stock pot, combine broth, squash, onion, and apple; cover pot and bring to a boil over high heat. Uncover pot and reduce heat to low; gently simmer until squash is very tender, about 10 minutes. • Puree soup in pot using an immersion blender (or puree soup in a regular blender in batches; be careful not to splatter hot liquid). Season with salt, pepper, and nutmeg; serve. Yields ¾ cup per serving.

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Crock Pot Turkey Breast

5-6 lb. Turkey breast

2 Tbsp butter

¼ cup vegetable cream cheese

1 Tbsp soy sauce

1 Tbsp Parsley

½ tsp basil

½ tsp sage

½ tsp thyme

¼ tsp garlic powder

¼ tsp pepper

Make a paste and spread on the breast, cook in the crock pot.... Low 8-10 hours or high 4-6 hours.